



Making New Year's resolutions can give one a sense of purpose. In one study conducted by Rush University, those with a purpose are two to four times less likely to develop Alzheimer's. Just the act of writing down your goals can improve your attitude. Studies show that this helps combat heart disease and dementia.

The following article has some good ideas to get you started on your way to a healthier year.

[Why Seniors Should Make New Year's Resolutions | For Better | US News](#)

Seniors suffer from depression and loneliness too. Take up a new hobby or visit your local senior center. Our Fit and Fall Proof Classes are a great place to make friends and be active. See the current schedule at

<https://eiph.idaho.gov/Health%20Education/Fit%20and%20Fall/fit&fallmain.html>

Most of all, make sure you are enjoying life. Enjoy simple daily pleasures and keep having fun.

